



Align Health Collective's Physiotherapist in Preston Discusses the Importance of Posture and Ergonomics in Maintaining Spinal Health

March 20, 2023

March 20, 2023 -

Align HC - Physio Preston, a leading sports physiotherapy clinic in Preston, Melbourne VIC, is raising awareness about the importance of posture and ergonomics in maintaining spinal health. As many people are now working from home after the pandemic, it's crucial to maintain proper posture and ergonomics to avoid spinal injuries and discomfort.

According to Chalerm Tuantab, Managing Director of Align Health Collective, "Poor posture can lead to spinal injuries, which can cause discomfort and even disability. It's crucial to maintain proper posture and ergonomics, especially when working from home. The team recommends using a good-quality office chair and desk and taking regular breaks to stretch and move around."

Align Health Collective is dedicated to providing the best possible care for its patients, using the latest techniques and equipment to diagnose and treat a wide range of injuries and conditions. Chalerm Tuantab, the Managing Director of Align Health Collective, oversees the treatment protocols, ethics, and plans to ensure that the highest standards of care are met.

At Align Health Collective, education and advice is an integral part of their philosophy. They believe in empowering their patients to take control of their health and wellness, and that starts with providing them with the knowledge and skills they need to manage their conditions effectively. Align HC provide their patients with a comprehensive understanding of their condition and the steps they need to take to recover quickly and effectively.

Chalerm also commented on the future outlook for the company, saying, "At Align Health Collective, the company is continually investing in the latest technology and equipment to provide the best possible care for patients. The team is excited to see what the future holds for the clinic, and Align HC will remain committed to delivering personalized and effective treatment to the patients."

Align Health Collective's dedication to patient-centred care and outcomes has earned them multiple awards, including the 2019 Enablement Award, 2019 Aus Enterprise Awards, 2020 Allied Health Awards Aus, and 2021 Allied Health Awards Aus. They offer a range of services, including sports physiotherapy, health and fitness, remedial massage, injury prevention, clinical pilates, sports medicine, and massage therapy.

Align Health Collective - Physio Preston is conveniently located at 2/226 Bell Street, Preston VIC, and offers fully bulk-billed Medicare consults with no gap fee. They also offer multidisciplinary services, including podiatry, exercise science, dietetics, clinical pilates, shockwave, dry needling, and more, all under one roof.

To book an appointment or to learn more about Align Health Collective's services, can be reached at (03) 9853 7836 or email at hello@alignhc.com.au

####

For more information about Align Health Collective - Physio Preston, contact the company here: Align Health Collective - Physio Preston Chalerm Tuantab (03) 9853 7836 hello@alignhc.com.au 2/226 Bell Street, Preston VIC

Align Health Collective - Physio Preston

Align Health Collective - Physio Preston is a leading provider of physiotherapy and podiatry services located in Preston, Victoria.

Website: <https://www.alignhc.com.au/physio-preston>

Email: hello@alignhc.com.au

Phone: (03) 9853 7836

